

# EAST SHORE UNITARIAN CHURCH

12700 SE 32<sup>ND</sup> STREET, BELLEVUE, WA  
(425) 747-3780 · WWW.ESUC.ORG



EastShoreUC



@ESUC1



eastshore\_uc

## “Indigenous Connections Presents” April 2, 2023



*We practice love, explore spirituality,  
build community, and promote justice.*

# Welcome to East Shore Unitarian Church

We extend a special welcome to all who are here for the first time. We are glad you are here and hope your morning will provide you with a greater sense of connection with yourself, with the people around you, and with the world and spirit outside these walls. After today's service, please join us outside for coffee, tea, and conversation.

If you didn't stop by before service, please stop by the visitors desk in the foyer. There you can learn more about the church, and fill out a visitor form. During the week, we will contact you to see if you have any more questions, and help you navigate through all of our amazing programs and groups.

Large-print hymnals and a braille hymnal are available in the foyer from the ushers. Our hearing assistance devices use T-Coil loop technology. Hearing assistance devices are also available in the back of the Sanctuary or from the ushers.

Gender Affirming Restrooms are located in each building. A private restroom is located in the Administration Building. Diaper changing stations are located in all restrooms.

## Families, Children & Youth

Children and youth gather in the Sanctuary with their peers or parents and on most Sundays of the year, help to light our worship chalice, share our covenant, a song and story. Most Sundays, children and youth will go to programming just for them after the Story! On "All Ages Sundays", children and youth stay in the Sanctuary and enjoy in a worshipful and celebratory space with no religious education programming. Rugs in the back and front of the Sanctuary invite children to color, read, listen, and play while also enjoying the song, movement, and prayer of a UU community. If you'd like to hear more about our programs and our registration process, set up a call with Amanda Alice Uluhan, Director of Religious Education at 425-747-3780 ext 104. We are so glad you are here!

## Keeping In Touch

Do you want to keep in touch during the week? Follow us on Facebook (EastShoreUC), Twitter (@ESUC1) and Instagram (eastshore\_uc). You can also request to join our email list by emailing our Director of Membership Development at [membership@esuc.org](mailto:membership@esuc.org). Paper copies of sermons and audio copies of the service are available in the Administration Building. You can also listen to the sermons online at [esuc.org/worship/past-worship-services](http://esuc.org/worship/past-worship-services). Sermons are also available as Podcasts, search for "East Shore Unitarian Sermons." Sermons are posted on Tuesdays.

*Have a suggestion? Leave your comments and suggestions in the box located under the TV screen in the Sanctuary lobby.*

***Please return this Order of Service to the baskets by the door for recycling.***



*Thank you for silencing all electronic devices. Please ask any usher for an assisted listening device, a large print hymnal, or a braille hymnal.  
Please feel free to fill out a card of joys & sorrows located at the back of the Sanctuary or under the chairs.*

---

## **ORDER OF SERVICE**

April 2, 2023

10:30 a.m.

**Centering Music**

Eric Lane Barnes

**Opening Anthem**

*The Great Salish Sea*  
by Dana Lyons

**Ringing the Bell**

**Welcome & Land Acknowledgement**

Rev. Dr. María Cristina

**Blessing**

*Sit-ki-kadem*

Uncle Doug James

**Chalice Lighting & Response**

Indigenous Connections Team

We light this chalice to remind ourselves to treat all people kindly because they are our siblings in spirit;  
To take good care of the earth because it is our home;  
And to try to live lives filled with goodness and love because that is how we will become the best people we can be.

**Time for All Ages**

*The Salmon Woman*

Siam'elwit

**Children's Recessional**

*This Little Light Of Mine*

(Verse 1) This little light of mine, I'm gonna let it shine

(Verse 2) Everywhere I go, I'm gonna let it shine

**Pastoral Prayer/Joys & Sorrows**

*Please fill out a card in the back of the Sanctuary (in person) or in chat (virtual)*

**Musical Meditation**

*I Am Sending You Light*

Eric Lane Barnes

**Sermon**

*The Circle*

Sul ka dub Phreddie Lane

**\* Hymn #1008**

*When Our Heart is in a Holy Place*

**East Shore Unitarian Church Covenant**

Carrie Bowman

Love is the doctrine of this church.

The quest for truth is its sacrament, and service is its prayer.

To dwell together in peace, to seek knowledge in freedom,

To serve humanity in fellowship, thus do we covenant.

---

\* *Please rise in body or spirit.*

## UPCOMING EVENTS

**East Shore Outdoors: Multiple Dates (In Person):** As the better weather approaches, many of us want to get outside and enjoy the beautiful scenery of the Pacific Northwest. You can do that, and contribute to building community at East Shore, by participating in walks and hikes organized by the East Shore Outdoors group. Questions? Contact Amanda Strombom.

**Democracy and its Alternatives from the Great Courses: Tuesdays, March 28-June 13, 7:00 p.m. (Virtual):** What characteristics do democracies share? How do they differ? And what can alternatives to democracy—namely, authoritarianism and dictatorship—teach us about democracy itself? This course is American politics, comparative politics, international relations, and political theory rolled into one, touching on everything from Jean-Jacques Rousseau's social contract theory to Europe's sovereign debt crisis in 2007. It is an effort to understand democracy from all available angles—in theory and in practice, from ancient Greece to revolutionary America—the good and the bad, its present and its future. To watch and discuss the lectures use the link <https://rebrand.ly/zhzte8a> at 7PM Tuesday evenings.

**Braiding Sweetgrass Book Group: Wednesdays, March 29-April 26, 7:00 p.m. (Virtual):** Our congregation will begin a journey of curiosity and awe together as we discuss the elements of Robin Wall Kimmerer's masterpiece, *Braiding Sweetgrass*. Weekly sessions will be led by the Indigenous Connections Team. We ask that you sign up in advance by contacting Maury Edwards, Marilyn Mayers, or Lynn Roesch.

**Mindfulness Meditation: 2nd and 4th Fridays: March 10-May 12, 2:00-3:30 p.m. (In Person):** Experience the benefits of sharing mindfulness and gaining new insights. We will offer some recorded guided meditations and also some silent ones. Open to all and free of charge. Each session stands alone so you don't need to participate in all sessions. Coordinated by Caroline Haessly and Jennifer Sumner. Email Caroline at [chaessly@yahoo.com](mailto:chaessly@yahoo.com).

**Installation of Rev. María Cristina Vlassidis Burgoa: Sunday, April 23, 10:30 a.m. (Multiplatform):** Please join us on Sunday for a very special worship service. This Installation Ceremony is our congregation formally entering into shared ministry with Rev. Maria Cristina. The service will include special guests, music and more. Want to help? Contact Nicole Duff.

**Fostering Interreligious Relations on the Eastside (FIRE) "What Should be the Relationship between Religion and State?": Sunday, April 23, 6:30 p.m. (Virtual):** This will be an interfaith panel discussion, organized by Fostering Interreligious Relations on the Eastside (FIRE). Like all FIRE events, the intent is primarily to get people together, get to know each other, and build trust and understanding, and in this case to share our thoughts and aspirations on the relationship between state and religion. For more information, email [info@fire-wa.org](mailto:info@fire-wa.org).

**See more upcoming events at [esuc.org/whats-happening](https://esuc.org/whats-happening)**

## Gifts of the Congregation / Share the Plate

Carrie Bowman

*Text "ESUC" to 73256, standard text message rates do apply.*

*You can use [esuc.org/give](http://esuc.org/give), mail in a check, or use the plate.*

*To contribute to House of Tears Carvers:*

- *Text & Online: Select "Share the Plate" from the fund drop down*
- *Check: Make check to "ESUC" and write "Share the Plate" or "House of Tears Carvers" in the memo line*

*To contribute to your pledge:*

- *Text & Online: Select "Operating Fund" from the fund drop down*
- *Check: Make check to "ESUC" and write "Pledge" in the memo line.*

## Closing Words & Extinguishing the Chalice

Rev. Dr. María Cristina

We extinguish this flame but not the light of truth,  
the warmth of community, or the fire of commitment.  
These we carry in our hearts until we are together again.

## Benediction

Sul ka dub Phreddie Lane

## Postlude

*This Is My Life!*  
by Shamania

**Worship Leadership Today** Worship Associate: Indigenous Connections | Greeters: Sheridan Botts, Janet Covin, Jeanne Lamont | Ushers: Mary Anderson, Milly Mullarky | Zoom Tech Assistant: Grace Colton | ACE Team: Steve Wellons, Dennis Fleck, Lee Winstrom | Coffee Hour Host: Nancy Bissell

**Thanks** to the Staff; our Ushers and Greeters; our Religious Education Teachers; and the ACE Media People for audio visual support.

## Next Sunday, April 9 at 10:30 a.m.

"EASTER/FLOWER COMMUNION"

Rev. Dr. María Cristina, preaching

*As Unitarian Universalists, we recognize that our liberal faith is historically and spiritually rooted in Christianity. Therefore, we celebrate Easter, as well as the rebirth of nature and the resurrection of dreams and hopes. The Flower Ceremony, sometimes referred to as Flower Communion or Flower Festival, is an annual ritual that celebrates beauty, human uniqueness, diversity, and community. **You are invited to bring a flower to share during the service.***

## TODAY AT EAST SHORE

### **Religious Education for Children & Youth: In the Education Building**

- ◇ Little Uus Ages 1-5: Room 106—Focus on the early stories, songs, and spiritual practices of Unitarian Universalism, a loving faith tradition. Start in the Sanctuary for the beginning of worship, and then go to their class with RE Volunteers. Pick up your Little Uu by 11:45am.
- ◇ Grades K-3 OWL: Room 202— start directly in class. Children of those ages who are not enrolled in class can start in the sanctuary and then we will divide them into the other classes by age.
- ◇ Grades 4-6 OWL: Room 201—start directly in class. Designed to help children ages nine through twelve to gain the knowledge, life principles, and skills they need to understand and express their sexuality in holistic, life-enhancing ways. Advanced registration required.
- ◇ Grades 7-8 OWL: Room 208—start directly in class. A cornerstone comprehensive sexuality education program based in values where teens explore decision making, body image, and other life issues in a safe environment. Advanced registration required.
- ◇ Y@ES Youth Group: Room 207—For ages 14-19 All are welcome!

**Coffee Hour: 11:30 a.m. Outside or North Room:** After worship, enjoy a casual time to get to know the East Shore community of friends and members. Head to the foyer and then outside or back into the North Room! Please consider bringing your own travel mug!

**Black Lives Matter Flash Stance: 12:30 p.m. in Bellevue:** Join fellow UU activists for our Black Lives Matter Flash Stance in person in Factoria on the corner by Dacell's Jewelers. We gather in solidarity with Black, Brown, AAPI, and Indigenous People of Color. Flash Stances start conversations, and then carry those conversations on. All are welcome!

**Blues and Jazz Appreciation (BAJA) Club Outing at Seattle Jazz Vespers: 6:00 p.m.:** Join us at Seattle First Baptist Church (1111 Harvard Ave, Seattle WA 98122) for a free concert by Francesco Crosara Quartet. Show starts at 6:00 p.m. (doors open at 5:30 pm - Seating is first come, first serve) Please email Jeanne Lamont if you are coming to the concert so she can connect you with an ESUC carpool and look for you at the venue.

## ESUC NEWS

**Represent East Shore and be a delegate for East Shore at GA 2023!** This year self nominations are being accepted through a short Delegate Nomination form. Attending online is possible and free if you are only a delegate. Contact Nicole Duff for more information.

**Women’s Perspective Retreat, April 14-16:** Join your ESUC sisters to “Take Back the Narrative for Reproductive Freedom!” at the Women’s Perspective Annual Retreat, April 14-16 once again at Rainbow Lodge in North Bend. Registration now open.

**East Shore Retreat @ Seabeck 2023: Registration Now Open!** All folks in the East Shore Community are invited to gather in Seabeck over Memorial Day weekend from May 26 - May 29, 2023! This is an annual retreat for all ages. Volunteers still needed! See David Langrock.

**Art in Community Summer Camp: Monday, June 26-Friday June 30:** Registration Now Open Kids ages 5 – 12 are invited to join us for Art, Social Justice, Community, Camp, & Summer Fun. Kids are guaranteed to have a ton of fun and make great friends. Our camp meets from 9 am – 3:00 pm each day for a full week. See more details and register at [esuc.org](http://esuc.org).

**ESUC @ The Mariners: Sunday, August 27, 1:00 p.m. (In Person at T-Mobile Park):** All are invited to the Sunday, August 27th game at 1:10 p.m. as our Seattle Mariners take on the Kansas City Royals! Tickets are \$12 each and need to be reserved. Contact Nicole Duff.

## ACKNOWLEDGEMENT OF OUR INDIGENOUS NEIGHBORS

We, at East Shore Unitarian Church, acknowledge that this land is the traditional territory of Coast Salish peoples. We recognize the impact of settler colonialism and pledge to nurture our relationship with our indigenous neighbors. Their ways and understanding will guide us as we work to restore and sustain their homelands upon which we all depend.

### East Shore Unitarian Staff

425-747-3780

Rev. Dr. María Cristina	Minister	<a href="mailto:minister@esuc.org">minister@esuc.org</a>	Ext. 103
Amanda Alice Uluhan	Dir. of Religious Education	<a href="mailto:education@esuc.org">education@esuc.org</a>	Ext. 104
Rebecca Chatfield	Director of Finance & Operations	<a href="mailto:finance@esuc.org">finance@esuc.org</a>	Ext. 110
Nicole Duff	Dir. of Membership Development	<a href="mailto:membership@esuc.org">membership@esuc.org</a>	Ext. 106
Dianne Upton	Facilities Manager	<a href="mailto:facilities@esuc.org">facilities@esuc.org</a>	Ext. 102
Jenny Newell	Office Administrator	<a href="mailto:esuc@esuc.org">esuc@esuc.org</a>	Ext. 101
LeAnne Struble	RE Programs Coordinator	<a href="mailto:education2@esuc.org">education2@esuc.org</a>	
Eric Lane Barnes	Director of Music	<a href="mailto:music@esuc.org">music@esuc.org</a>	
Celil Cakmak	Facilities Supervisor	<a href="mailto:super@esuc.org">super@esuc.org</a>	



East Shore Unitarian Church is proud to publicly support the Black Lives Matter movement. This stance is in alignment with the values of our faith and is also endorsed by the UUA. More information can be found at [www.uua.org/statements/support-black-lives-matter-movement](http://www.uua.org/statements/support-black-lives-matter-movement).

## The Eight Principles

Unitarian Universalist congregations affirm and promote eight Principles, which we hold as strong values and moral guides. They are:

- \* The inherent worth and dignity of every person;
- \* Justice, equity and compassion in human relations;
- \* Acceptance of one another and encouragement to spiritual growth in our congregations;
- \* A free and responsible search for truth and meaning;
- \* The right of conscience and the use of the democratic process within our congregations and in society at large;
- \* The goal of world community with peace, liberty, and justice for all;
- \* Respect for the interdependent web of all existence of which we are a part.
- \* Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

## Getting to Know Us

**Where to Start:** Attend worship services, introduce your children to Religious Education, come to coffee hour, join the choir, participate in East Shore's variety of activities and classes. You can read more about these in our newsletter, *The Beacon*, or if you sign up for the weekly e-mail (at the visitors table).

**Learn More about Becoming a Member:** Talk to our Director of Membership Development for details about our Pathway to Membership.

## Ways to Support East Shore's Mission

Donations to East Shore go to support the operating fund. This allows us to be open seven days a week, offer great programming, classes, and events. Please join us for some upcoming classes or events!

There are many ways to volunteer your time at East Shore, whether you like to do office work, grounds work, or working with children. We are open 7 days a week, and could always use more help. For more information, fill out a form at <https://esuc.org/give/#volunteer> or contact our Office Administrator Jenny Newell, at [esuc@esuc.org](mailto:esuc@esuc.org)

Scan Here to give to East Shore from your phone:

